

# Farm to School

**October is...**

NATIONAL  
**FARM** to  
SCHOOL  
MONTH



The apples you'll enjoy at snack this week were grown in Virginia!



# FUJI APPLES

## History

The original Fuji tree where all other Fuji strains and trees were created still thrives in Japan.



## Nutrition

Fuji apples are a good source of vitamin C, which helps protect your body against infection.



# Growing and Harvest



- Fuji apples are ready to harvest when they lose their green background color and appear more red.
- The harvest window for Fuji apples lasts longer than for many other types of apples because Fujis produce less ethylene, a gas that makes fruit ripen!

Your Fuji Apples today were grown by:

**Crown Orchard**  
**in Albemarle County, Virginia**



# Activities!

Compare the nutrition information for the different types of apples. Do you think one is healthier than another? Discuss why or why not.



	<b>FUJI</b>	<b>GRANNY SMITH</b>	<b>GALA</b>
TOTAL FAT	<b>0.2g</b>	<b>0.2g</b>	<b>0.1g</b>
SODIUM	<b>1mg</b>	<b>1mg</b>	<b>1mg</b>
TOTAL CARBS.	<b>16.6g</b>	<b>14.8g</b>	<b>14.9g</b>
DIETARY FIBER	<b>2.3g</b>	<b>3.1g</b>	<b>2.5g</b>
SUGARS	<b>12.7g</b>	<b>10.5g</b>	<b>11.3g</b>
PROTEIN	<b>0.2g</b>	<b>0.5g</b>	<b>0.3g</b>
CALCIUM	<b>7.6mg</b>	<b>5.5mg</b>	<b>7.6mg</b>
POTASSIUM	<b>118.8mg</b>	<b>130.8mg</b>	<b>117.7mg</b>

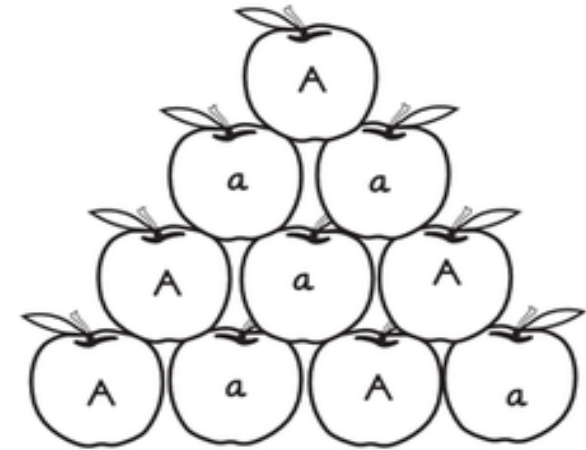
nutrition information is for 1 cup of sliced apple (3.8 oz)



SOURCE:  
<http://www.calorieking.com>

## Color the A's

Color each capital A green and each lower case a red.



How many apples are in the pyramid? \_\_\_\_\_